



Freedom from Busyness

Part 1 of 1

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Big Idea: God gives us rest through the Sabbath so we can be free from a lifestyle of busyness.

Text: Deuteronomy 5:12-15 NIV

Life Transforming Aspects of the Sabbath

1. We give our body and soul _____.

Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work. – Deuteronomy 5:13-14

2. We live in a healthy _____.

Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. – Deuteronomy 5:13-14

The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.

– Exodus 31:16-17

3. We stop to _____ what God has done for us.

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. – Deuteronomy 5:15

God saw all that he had made, and it was very good. – Genesis 1:31

In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.” – John 5:17

“Observe my Sabbaths and have reverence for my sanctuary. I am the Lord.” – Leviticus 19:30

4. We _____ our spiritual identity.

Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. – Deuteronomy 5:15

Practical Tips to Follow the Sabbath

Then he said to them, "The Sabbath was made for man, not man for the Sabbath. – Mark 2:27

"If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord's holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord" – Isaiah 58:13-14